

USI **STRAVA** Challenge:

BIKE + RUN

>> 29th of April till 10th of June 2024 <<
„ProleberBerg“ and
„Alte_Bahnstrecke_Stadt auswärts“

SEGMENTS:

This summer semester, on the **Bike** you need Watt per kg! This segment starts in Proleb and leads you good 400 meters of elevation up! Also perfect for an FTP Test!

In comparisson to the bike segment, this semesters **Run Segment** is basically flat. Along the old train tracks you will run into the direction of Hinterberg. ...Lactate-Party for race horses!

RATING:

Separate for Bike & Run for male & female + Duathlon-Rating

YOU NEED...

- a suitable device to track the rout (GPS, watch, mobile phone..)
- Download the STRAVA App for exact measuring of the segment
- **Send us your results (=Strava-Screenshot) via email (inc. Name, „strava-nickname“, Matr.Nr., ?Guest?)**

Participation:

Students / Employee / Alumni of all styrian Universitys, FH's and pädag. Universitys + **GUESTS Welcome (own category)!**

OTHER:

Participation on your own risk. Racing only within the rules of the StVo#keepright! Try as often as you like. If something smells fishy about your times to us, you have to start in a head to head against arbitration tribunal to proof your skills and/or fitness!

#fairchallenge #youarethemotor

INFOS:

USI Leoben: usi@unileoben.ac.at

Award Ceremony:

After the time period with nice prizes for the fastest ones!



UNIVERSITÄTS-SPORTINSTITUT | MONTANUNIVERSITÄT

Peter Tunner-Straße 15 | A-8700 Leoben

Email: usi@unileoben.ac.at | Tel.: 03842 – 402 6401

USI-Leitung: Mag. Bernd Tauderer | USI Wettkampfleitung: Richard Močnik BSc, MSc

USI-STRAVA Challenge: Bike

BIKE – Strava-Segment „ProleberBerg“

<https://www.strava.com/segments/5835212>



This segment starts in the town of PROLEB on "Dorfstraße", right in front the church. Here we stay straight on Dorfstraße until this road curves 180 degree to the left. From this point on the road becomes „Proleber Berg“. After good. 600 meters on this road, at the Y-Crossing you have to take the road to the right. From this point on you follow the main road 3km uphill until this segment ends in a sharp curve to the left.

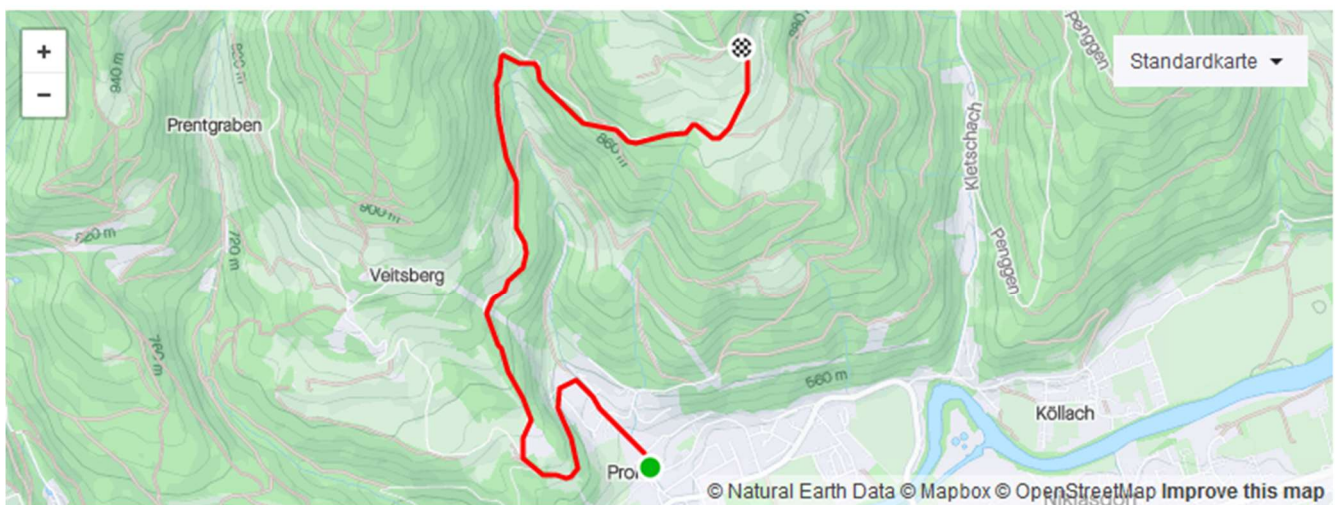
☆ ProleberBerg

Radfahrt-Segment Proleb, Stmk., Austria

Distanz	Höhenzunahme	Steigung Ø	Niedrigster Punkt	Höchster Punkt	Höhenunterschied
4,23km	407m	9,6%	494m	901m	407m

Berg-Kategorie 792 Versuche von 98 Personen

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USI STRAVA Challenge: Run

RUN – Strava-Segment: „Alte_Bahnstrecke_Stadt auswärts“

<https://www.strava.com/segments/22749944>



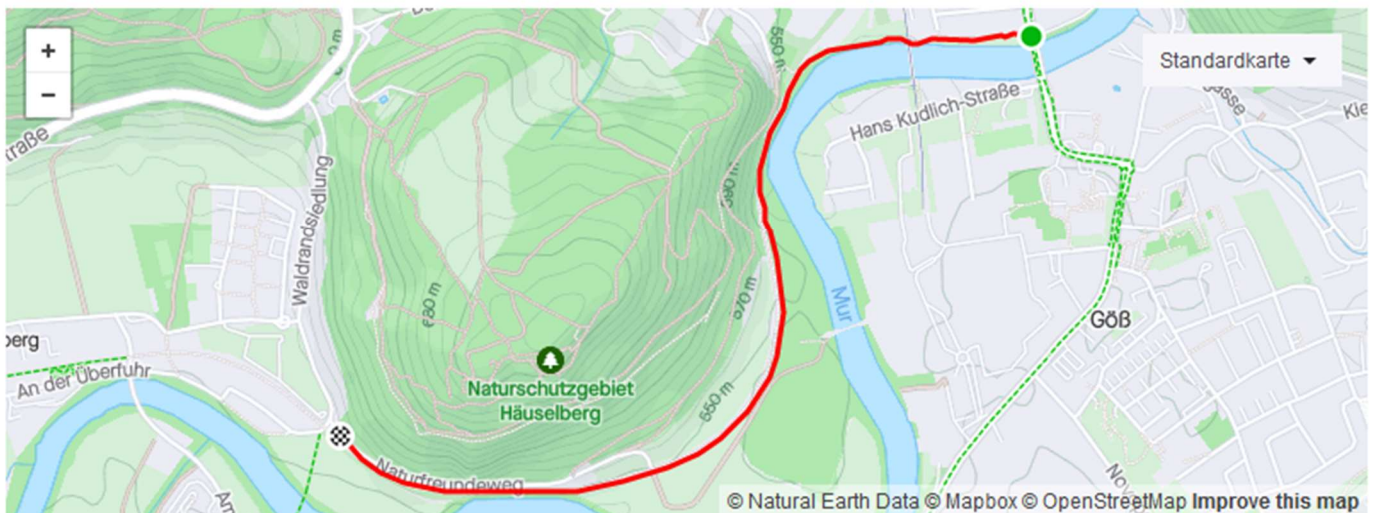
Our run segment starts at the crossing Mareckkai X Josef-Heißl-Straße. From there (after the traffic light) we use the short downhill to pick up some speed and try to carry this speed along the old train tracks all the way to Hinterberg. The official end of this segment is a few meters before the bike path moves to the right. To make sure that your GPS has tracked every meter correctly, we would suggest that you run a couple of meters further than the track goes.

☆ Alte_Bahnstrecke_Stadt auswärts

Lauf-Segment Hinterberg, Steiermark, Austria

Distanz	Höhenzunahme	Steigung Ø	Niedrigster Punkt	Höchster Punkt	Höhenunterschied
1,98km	8m	0,4%	543m	551m	8m

3.037 Versuche von 299 Personen



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